Vigilant
The Journal of the 143rd

143rd Composite Squadron, Waterbury, CT *JUN 2012*

Squadron Schedule

03JUL12 Squadron Meeting
ES/Safety/Character Dev.
Uniform: BDU/Polo

10JUL12 Squadron Meeting
AE
Uniform: BDU/Polo

17JUL12 Squadron Meeting
CPFT/Fitness Activity
Uniform: PT/BDU/Polo

20JUL12 NHWG/VTWG Encampment
Norwich University
Northfield, VT

20JUL12 NYWG Encampment
Stratton Air National Guard Base
Scotia, NY

22JUL12 MAWG Encampment
Fort Devens
Devens, MA

24JUL12 Squadron Meeting
Leadership
Uniform: Blues/Corporate

04AUG12 New England Air Show
Westover Air Reserve Base
Uniform: BDU/Polo

07AUG12 Squadron Meeting
ES/Safety/Character Dev.
Uniform: BDU/Polo

14AUG12 Squadron Meeting
AE
Uniform: BDU/Polo

16AUG12 MEWG Encampment
Bog Brook Training Facility
Gilead, ME

21AUG12 Squadron Meeting
CPFT/Fitness Activity
Uniform: PT/BDU/Polo

28AUG12 Squadron Meeting
Leadership
Uniform: Blues/Corporate

The Goshen Stampede

For the third year the 143rd supported the Goshen Stampede in Goshen, CT. This annual Father's Day Weekend event grants support to Local and Regional Charitable Organizations as well as funding National Organizations that Support the Men, Women, and Families of the United States Armed Services, both Veterans and Active Duty that have personally sacrificed to help maintain our countries way of life. This support is given with a financial Contribution raised through the annual event and or by allowing these Organizations to Fund themselves by either joined forces with Goshen Stampede, Inc. at the event or participating in the Goshen Stampede, Charity Event. Connecticut's 180,000 veterans and active duty are always invited to attend for free.

C/SMSgt Alec Beliveau directs cars to a parking area.

Four Connecticut Civil Air Patrol Squadrons supported this event; The 103rd Composite Squadron, The 143rd Composite Squadron, The 186th Composite Squadron, and The Northwest Hills Composite Squadron. CAP members effectively managed the parking areas of the fair. Over five thousand cars were parked during the three day event with no delays or traffic problems.


C/CMSgt Megan Major sits behind the wheel of a classic Ford Mustang being raffled by the local Lions Club.

C/SMSgt Devin Moore (l.) and C/SMSgt Alec Beliveau (r.) enjoy ice cream on their break.

The 143rd Composite Squadron

Squadron Commander:	**Maj Timothy McCandless**
Deputy Commander for Seniors:	**Maj Joseph Palys**
Deputy Commander for Cadets:	**Maj Thomas Litwinczyk**
Cadet Commander:	**C/Lt Col Matthew McCandless**
Cadet First Sergeant:	**C/CMSgt Cameron Foster**

Regular Meetings every Tuesday 7-9pm
Connecticut National Guard Armory
64 Field Street, Waterbury, Connecticut

www.gocivilairpatrol.com

Goshen Stampede (cont.)

On Sunday several cadets were dispatched to the New England Air Museum to support their annual Father's Day Open Cockpit event. Cadets supplemented museum staff and helped visitors in and out of the cockpits of several aircraft including an F4 Corsair and a Cobra attack helicopter.

C/TSgt Aidan Moran tests a simulator at the New England Air Museum.

C/Capt Eric Testman directs traffic.

Cadets camped out on the fairgrounds for the weekend.

C/CMSgt Rebecca Lange parks a car while C/SMSgt Alec Beliveau and C/2nd Lt Thaddaeus Vaichus direct more cars.

Cadet Change of Command Ceremony

During the 19JUN12 Squadron Meeting C/Capt Eric Testman relinquished his position of Cadet Commander to C/Lt Col Matthew McCandless.

The Change of Command ceremony is a simple, traditional event that runs deep in symbolism and heritage. The key to the Change of Command is the passing of the unit's colors. In many ways, the history, tradition, and accomplishments of the command are symbolized by the colors. Traditionally, the colors serve as the rallying point around which a unit's members are regrouped for motivation, strength, and mission accomplishment. The colors have always been at the front of the unit and have symbolized the continuity of the organization. Even though unit personnel come and go and commanders change, the colors remain. The transfer of the colors represents the transfer of responsibility for the accomplishment of the mission, and for providing for the welfare, order, and disciplined of the Airmen assigned.

The history of the Change of Command can be tracked back to the year 406 B.C. when Lysander took command of the Armies of Sparta. In the United States, there have been three Ceremonies that have influenced the ceremony that we have today. The first two involved George Washington – One when he assumed command of the Continental Army beneath "Washington Elm" in Cambridge, Massachusetts on 3 July 1775 – The other when Washington gave his personal farewell to his Officers on 4 December 1783 at Faunces Tavern In New York. At the conclusion of the ceremony Washington passed between the ranks of Guard of Honor to the wharf from which he departed.

A final event which influenced the Change of Command Ceremony occurred on November 10, 1862, when Major General George McClellan relinquished command of the Army of the Potomac to Major General Ambrose Burnside. These Ceremonies set the precedent for the modern day Change of Command Ceremony, which involves the traditional passing of the unit colors.

C/SMSgt Moore presents the colors to C/Capt Testman, the outgoing Cadet Commander.

After receiving the colors from C/Capt Testman, Maj McCandless, the squadron commander, presents the flag to C/Lt Col McCandless signifying the completed change of command.

C/Lt Col McCandless entrusts the colors to the care of C/SMSgt Moore.

Parents Night At The 143rd

Senior staff allows additional time during the fourth meeting of each month to speak with parents who might have questions, concerns, or suggestions for the squadron leadership. Since the fourth meeting of the month usually includes cadet promotions, which parents are encouraged to participate in, it has always been the squadron's designated parents night.

While the squadron maintains an open door policy and will welcome parents to join us at any meeting, cadets are encouraged to invite their parents to join the squadron meeting on the fourth Tuesday of each month. All parents are welcome to participate in cadet promotions and observe all aspects of our meeting.

During each year there are several months that include a fifth Tuesday. On those nights the squadron will plan a special activity such as an open house or special Cadet Milestone presentation. Cadets should be sure to invite their friends and family to these special meeting nights.

Senior Member Professional Development Awards

The following members of the 143rd Composite Squadron were awarded Senior Member Professional Development Achievements in June:

Paul Beliveau has completed Level II of the Senior Member Program and is awarded the Benjamin O. Davis Jr. Award.

Marc Casarella has completed Level I and is awarded the CAP Membership Award.

David Markey has completed Level I and is awarded the CAP Membership Award.

Thomas Litwinczyk has earned a Master Rating in the Cadet Programs Specialty Track.

Timothy McCandless has earned a Master Rating in the Logistics Specialty Track.

Sarah Lange has earned a Senior Rating in the Administration Specialty Track.

Daniel Hanle has earned a Technician Rating in the Aerospace Education Specialty Track.

Rebecca Lange is promoted to C/CMSgt by Maj McCandless and her mother, Capt Sarah Lange.

Karen Litwinczyk is promoted to C/SrA by Maj McCandless and her father, Maj Tom Litwinczyk.

Matthew DiBlanda is promoted to C/Amn by Maj McCandless and C/Capt Testman.

The squadon falls in for promotions and announcements.

June Promotions

The following members of the 143rd Composite Squadron were promoted in June:

Daniel Hanle has been promoted to 1st Lt. This promotion requires a Technical Rating in a CAP Specialty Track and twelve months time in grade as a Senior Member.

Rebecca Lange has completed the Dr Robert H Goddard Achievement and has been promoted to C/CMSgt.

Aidan Moran has completed the Capt Eddie Rickenbacker Achievement and has been promoted to C/TSgt.

Karen Litwinczyk has completed the Mary Feik Achievement and has been promoted to C/SrA.

Sawyer Collins has completed the Gen Hap Arnold Achievement and has been promoted to C/A1C.

Senior Membership Award

The Level I Foundations program is a CAP orientation program and the first of CAP's Five professional development program levels. During this training senior members are exposed to the history of our organization and familiarize themselves with the general policies and procedures. To complete this level, members must complete five requirements:

1. **OPSEC** deals primarily with protecting sensitive but unclassified information that can serve as indicators about our mission mission, operations and capabilities.
2. **Introduction To Safety** is an overview of CAP's Safety Program.
3. **Cadet Protection Program Training** helps ensure a healthy and safe environment for cadets while providing the foundation for a professional climate and the highest standards of behavior of all our members in leadership positions.
4. **CAP's Nondiscrimination Policy**, defines CAP's intolerance for discrimination in any form.
5. **The CAP Foundations Course** gives members their initial training in CAP core values, policies, history and ledership.

Members who complete Level I are awarded the CAP Membership Award.

June Awards

The following members of the 143rd Composite Squadron were earned awards in June:

Alec Beliveau has been awarded the Red Service Ribbon for two years of service to CAP.

Tyler Casey has been awarded the Red Service Ribbon for two years of service to CAP.

Garret Hathcock has been awarded the Red Service Ribbon for two years of service to CAP.

Richard Hinkson has been awarded the Red Service Ribbon for two years of service to CAP.

Sarah Lange has been awarded the Senior Recruiting Ribbon for recruiting seven members.

143rd Cadets Attend Region Cadet Leadership School

A region cadet leadership school (RCLS) is a course in officership, indirect leadership, and other themes consistent with CAP's leadership expectations for Phase III cadets.

Completion of RCLS is required for the General Ira C. Eaker Award. Cadets must complete a Cadet Encampment and attain the grade of C/MSgt to attend a RCLS. The Northeast Region sponsors a summer and winter RCLS each year. This year the summer RCLS was sponsored by the Pennsylvania Wing and held at Fort Indiantown Gap in Annville, PA. The winter RCLS will be held at the National Guard Regional Training Institute, Center Strafford, NH from 26DEC12 to 01JAN13.

143rd cadets attending RCLS in June are C/Maj Kyle Johnson, C/Maj Margaret Palys and C/SMSgt Devin Moore.

C/Maj Kyle Johnson gives a requested "thumbs up" to USAF Maj. Gen. Lawrence L.Wells who conducted a video conference from Shaw Air Force Base, S.C.

Standing in formation at graduation are C/SMSgt Devin Moore (4th from left) and C/Maj Maggie Palys (far right).

C/Maj Maggie Palys (far right) helps her team overcome an obstacle on the Leadership Reaction Course at Fort Indiantown Gap, PA.

Cadets enjoy lunch on the trip home from Pennsylvania. (l. to r.) C/Maj Maggie Palys, C/Maj Kyle Johnson and C/SMSgt Devin Moore.

C/CMSgt Foster Attends Civil Engineering Academy

Red Horse. It's the most heavily armed engineering force in the U.S. Air Force, an "engineering SWAT Team," ready to build, repair, and defend bases in austere locations during wartime.

AFCEA introduces cadets from 15 to 20 years old, from all over the United States, to Air Force civil engineering utilizing a modification of the same course that all Air Force Second Lieutenant civil engineers are required to take. The cadets are exposed to engineering, heavy equipment, electrical, utilities, structures, fire and rescue, power production, and explosive ordinance disposal. They do this through lecture and hands on work. This year, of the more than 66,000 members nationwide, 32 cadets completed the program.

Air Force Civil Engineering Academy class of 2012 poses with an F-22 Raptor at Tyndall AFB in Florida.

C/CMSgt Foster learns to operate heavy machinery.

Cadet Milestone Awards Statistics

Just like in sports, we can review statistics to compare our performance with other CAP units. Since Cadet Milestone Awards are a key component of the Cadet Program, it is valuable to know if the cadets in our squadron are completing Milestone Awards at the same rate as cadets across our wing and across the country.

The latest data available from CAP National HQ is from April, 2010. This is recent enough that a sample of that size should not have changed much in the last two years. Current data on the squadron and wing level is available through eServices.

As you can see the 143rd is well above both the National and Wing averages in all categories except the Spaatz Award. We do have several cadets working toward that award and expect to be able to post numbers in that category soon. Connecticut Wing is also above the average in almost all categories as well (only the Mitchell Award is below average and only by 0.04%).

There is an old saying that "The numbers don't lie" and in this case the numbers prove our cadets are earning more Milestone Awards than average. Keep up the great work!

CAP National Cadet Milestones (as of APR10):

Award:	Number:	Percent:
Spaatz	77	0.32%
Eaker	289	1.22%
Earhart	927	3.90%
Mitchell	2,697	11.36%
Wright Brothers	7,268	30.61%

CTWG Cadet Milestones (as of JUN12):

Award:	Number:	Percent:
Spaatz	2	0.54%
Eaker	6	1.62%
Earhart	16	4.31%
Mitchell	42	11.32%
Wright Brothers	136	36.66%

CT011 Cadet Milestones (as of JUN12):

Award:	Number:	Percent:
Spaatz	0	0.00%
Eaker	1	2.33%
Earhart	6	13.95%
Mitchell	8	18.60%
Wright Brothers	24	55.81%

* Awards are cumulative, meaning a cadet who has earned the Spaatz Award has also earned all the other Milestone Awards and is counted in each total.

Flag Day

St. Bridget's School in Cheshire Invites CAP To Participate In Their Flag Day Celebration

The 143rd was asked to provide a speaker for the annual Flag Day Celebration at St. Bridget's Catholic School in Cheshire, CT. The event, which is held

Maj Palys addresses the assembly with C/SMSgt Devin Moore, a student at St. Bridet's School, and C/Maj Kyle Johnson behind him.

in ST. Bridet's Church, includes presentations by students and faculty, patriotic music by the school's talented band, and speeches by members of veteran's groups.

Major Joseph Palys addressed the school and their guests, which included verterans of World War II and Korea. Having attended St. Thomas Catholic Seminary High School and The Citadel Military College in addition to his US Army and CAP service, Maj Palys was able to present a view of the military and Flag Day that was uniquely appropriate to the setting.

In his speech Maj Palys challenged the students to define themselves in a positive way and to define others by commonalities instead of differences. He asked them to consider the flag and what it represents to all Americans as one of those common traits.

Maj Palys reminded the audience that the United States secured its place in history on March 4, 1797, when George Washington peacefully and graciously relinguished the presidency to John Adams. That we as Americans continue to represent democracy in the world today and that our flag is the symbol of not just our history, but of our promise to future generations.

Maj Palys (r.) with the veterans of World War II and Korea who were in attendance.

143rd Presents CAP to Kaynor Tech Students

As part of our expanded recruiting effort, squadron members set up a recruiting and information booth at Kaynor Technical High School in Waterbury, CT.

C/CMSgt Rebecca Lange explains the CAP program to a student.

In addition to the outdoor information booth cadets set up a flight simulation system in the school cafeteria and explained CAP's cadet flight programs to interested students.

The cadet programs staff at the 143rd is constantly looking for new opportunities to present the CAP program to the public. These events promote awareness of our program and lead to more members in our squadron. It is also an excellent opportunity for our cadets to develop public speaking and presentation skills. All squadron members are encouraged to let their chain of command know of any potential opportunity to promote CAP in the community.

C/CMSgt Rebecca Lange talks to students while C/SSgt Christain Tynan explains the flight simulator to a group.

Having a photo taken at the CAP tent became a very popular activity during the day.

Former 143rd Cadet Deploys to Afganistan

Former Cadet Commander and one of the founding members of the 143rd composite squadron Jacob McCandless, sends his greetings from Afghanistan. He is currently deployed to Afghanistan as an active duty member of the US Army. He credits his time in the Civil Air Patrol as giving him a significant advantage in his Army training. Because he reached the cadet officer ranks, he was able to enter the Army as an E-3. He was recently promoted to E-4 (Specialist), and assigned as a Team Leader prior to deployment.

Former Cadet, and now US Army Specialist Jacob McCandless (standing, far right), with his teammates, shortly after arrival in Afghanistan.

Cadet Orientation Flights

Orientation Pilot 1st Lt Dan Hanle (r.) explains preflight procedures to cadets (l. to r.) C/Amn Anthony Delia, C/Amn Matthew Buonomo and C/SSgt Sarah Eriksson.

The 143rd has started a summer schedule for orientation flights and will be adding flights on weekday evenings since school is out and the days are longer. CTWG aircraft are also in demand on the weekends due the Long Island Sound Patrol mission which supports the US Coast Guard during the busy summer baoting season. C/SSgt Sarah Eriksson, C/Amn Matthew Buonomo, and C/Amn Anthony Delia participated in teh first evening flight of the summer.

Civil War Ballooning

On June 16, 1861, the Civil War had been underway for just two months. The first major battle of the war, which would take place near a quiet stream called Bull Run, 30 miles southwest of Washington, was still a little over a month away. At the time, the Columbia Armory stood where the National Air and Space Museum is now located, east of 7th street, at the extreme southeastern tip of the 52 acre plot then known as the Smithsonian Grounds.

Built in 1856, the Columbia Armory housed the District of Columbia's store of small arms and other military equipment. The Washington Gas Light Company generating plant was immediately east of the Armory, along with a large domed gasometer, or storage tank for the coal gas produced by the plant. It was the combination of the available work space at the Armory and city gas next door that led Smithsonian Secretary Joseph Henry to instruct Thaddeus Sobieski Constantine Lowe to inflate his balloon on this site.

A New Hampshire man, Lowe (1832-1913), had emerged as one of the nation's best-known aerial showmen since his first flight in 1857. He made headlines with a giant balloon exhibited in both New York and Philadelphia, with which he hoped to fly the Atlantic. When that plan fell through, and on the advice of Joseph Henry, his scientific advisor, Lowe made a long flight from Cincinnati to Unionville, SC aboard

Thaddeus Lowe at the Battle of Fair OaksView of one of Thaddeus S.C. Lowe's aerial reconnaissance balloons in a field during the Battle of Fair Oaks, 31 May and 1 June 1862.

the balloon Enterprise, on April 19, 1861. Landing only a week after the firing on Fort Sumter, the aeronaut was taken into custody by newly minted Confederates, and was released only after locals recognized his face from accounts of his transatlantic plans published in the illustrated national newspapers of the day.

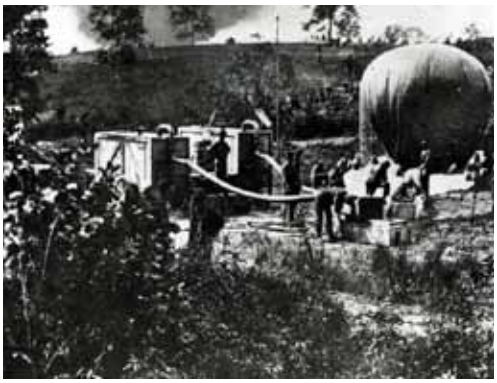
Urged on by Joseph Henry, and armed with letters of introduction to political figures in the new Lincoln administration, Lowe packed the Enterprise and traveled to Washington. Henry took the aeronaut to meet with the President on June 11, assuring Lincoln that Lowe was a leader in the field. With a small sum provided by the War Department, Lowe made a series of tethered ascents from the area in front of the Armory. The most important of those flights came on June 16, 1861, when Lowe made a tethered ascent to 500 feet accompanied by telegrapher Herbert Robinson and George Burns, supervisor of the telegraph company. With a clear view of the nation's capital spread before him, Lowe sent a telegram to the White House.

"This point of observation commands an area near fifty miles in diameter. The city with its girdle of encampments presents a superb scene. I have pleasure in sending you this first dispatch ever telegraphed from an aerial station and in acknowledging indebtedness to your encouragement for the opportunity of demonstrating the availability of the science of aeronautics in the military service of the country."

Having sent the first telegram from the air, Lowe ordered his balloon winched down to the ground and walked to the White House, where he met with the President once again. The two stayed up to the early hours of the morning discussing the military potential of balloon reconnaissance. Lincoln insisted that Lowe spend the night at the White House so that the pair could continue their discussion over breakfast.

June 18, 1861 T.S.C. Lowe inflates the balloon Enterprise at The Columbian Armory on the National Mall, the spot where the National Air and Space Museum now stands.

Lowe was not the first aeronaut to attempt to create a balloon observation unit for the Union army. The combination of Joseph Henry's assistance, Lowe's powers of persuasion, and Lincoln's enthusiasm carried the day, however. Finally, on July 25, President Lincoln intervened once again, providing Lowe with a personal note to Winfield Scott, the aging commander of Union forces, instructing the general to meet with Lowe and provide him with the assistance required to continue his demonstrations, and to create a reconnaissance balloon unit.



Thaddeus Lowe with his Inflation WagonsThaddeus Lowe inflating his balloon Intrepid during the Battle of Fair Oaks.

Lowe and his balloonists would make thousands of reconnaissance flights over the next two years, coming under fire during the Peninsula campaign of 1862, at Fredericksburg and Chancellorsville in 1863, and in other battles and theaters of operation. While circumstances beyond Lowe's control brought the experiment to a conclusion before the end of the war, he had repeatedly demonstrated the value of aerial reconnaissance. A century and a half later, the ability to gather intelligence from above remains a critical requirement for the defense of the nation. It all began with T.S.C. Lowe, in the front yard of what would one day become the National Air and Space Museum.

Thaddeus Lowe returned to the Columbia Armory in 1862 to test the portable gas generators developed to inflate balloons in the field. A wartime photograph shows the wagons in operation on this spot. The Arsenal was transformed into a hospital later in the war. By 1865, the tents of what had become known as the Armory Square Hospital stretched across the Mall almost to the City Canal. The Armory building continued to dominate the corner of 7th and Independence until it was torn down in 1964. The area was an empty lot sometime used for parking until the Smithsonian broke ground for the new National Air and Space Museum a decade later. Today the NASM, the latest occupant of the site, houses a U-2 spy plane, a high-tech descendant of Lowe's Enterprise.

-Story and Photos taken from blog.nasm.si.edu
The blog of the National Air & Space Museum

LOCKHEED-BOEING-GENERAL DYNAMICS YF-22

In 1981 the USAF developed a requirement for an Advanced Tactical Fighter as a new air superiority fighter. It would take advantage of the new technologies in fighter design on the horizon including composite materials, lightweight alloys, advanced flight control systems, higher power propulsion systems and stealth technology. Air Force leaders believed these new technologies would make aircraft like the F-15 and F-16 obsolete by the early 21st century. In 1985 the Air Force sent out technical requests for proposals to a number of aircraft manufacturing teams. The Lockheed-Boeing-General Dynamics team built two YF-22 prototypes -- one with General Electric YF-120 engines and the other with Pratt & Whitney YF-119 engines. After extensive flight tests the Lockheed team won the airframe competition, and the Pratt & Whitney team received the engine contract.

-Taken from www.nationalmuseum.af.mil

Lockheed-Boeing-General DynamicsYF-22 in flight. (U.S. Air Force photo)

Lockheed-Boeing-General DynamicsYF-22 landing. (U.S. Air Force photo)

Stimulants

What Are They?

Stimulants are a class of drugs that elevate mood, increase feelings of well-being, and increase energy and alertness. Examples include cocaine, methamphetamine, amphetamines, methylphenidate, nicotine, and MDMA (3,4-methylenedioxymethamphetamine), better known as "Ecstasy."

Cocaine comes in two forms. Powder cocaine is a hydrochloride salt, made from the leaf of the coca plant. "Crack" is a smokeable form of cocaine that is processed with ammonia or baking soda and water, and heated to remove the hydrochloride.

Methamphetamine is a powerful stimulant, originally derived from amphetamine. It comes in clear crystals or powder and easily dissolves in water or alcohol. Although most of the methamphetamine used in the United States comes from "superlabs," it is also made in small laboratories using inexpensive over-the-counter and often toxic ingredients.

Amphetamines, such as Adderall, are stimulants that often come in pill form and are sometimes prescribed by doctors for medical problems, most commonly attention deficit hyperactivity disorder (ADHD). Amphetamines can also be abused—that is, used in a way other than as prescribed or used by someone without a prescription.

Methylphenidate, such as Concerta or Ritalin, is another medication prescribed for people with ADHD. As seen with amphetamines, including Adderall, numerous studies have shown its effectiveness when used as prescribed. When it is abused, however, methylphenidate can lead to many of the same problems seen with other stimulants. Find out more about prescription drug abuse.

Nicotine and MDMA also are considered stimulants and are covered in separate sections on the NIDA Web site.

What Are the Common Street Names?

Cocaine is generally sold on the street as a fine, white, crystalline powder, known as "coke," "C," "snow," "flake," "blow," "bump," "candy," "Charlie," "rock," and "toot." "Crack," the street name for the smokeable form of cocaine, got its name from the crackling sound made when it's smoked. A "speedball" is cocaine or crack combined with heroin. Methamphetamine is commonly known as "speed," "meth," "chalk," and "tina." In its smokeable form, it's often called "ice," "crystal," "crank," "glass," "fire," and "go fast."

Street names for amphetamines include "speed," "bennies," "black beauties," "crosses," "hearts," "LA turnaround," "truck drivers," and "uppers." Street names for methylphenidate include "rits," "vitamin R," and "west coast."

How Are They Abused?

Stimulants are abused in several ways, depending on the drug. They can be:

- Swallowed in pill form.
- Snorted in powder form through the nostrils, where the drug is absorbed into the bloodstream through the nasal tissues.
- Injected, using a needle and syringe, to release the drug directly into a vein.
- Heated in crystal form and smoked (inhaled into the lungs).

Injecting or smoking a stimulant produces a rapid high—or rush—because the drug is absorbed into the bloodstream quickly, intensifying its effects. Snorting or swallowing stimulants produces a high that is less intense but lasts longer.

Powder cocaine is usually snorted or injected (also called "mainlining"), or it can be rubbed onto mucous tissues, such as the gums. Street dealers generally dilute cocaine with other substances, with active drugs, or with other stimulants. Crack cocaine is often smoked in a glass pipe.

Methamphetamine is swallowed, snorted, injected, or smoked. "Ice," a smokeable form of methamphetamine, is a large, usually clear crystal of high purity that is smoked, like crack, in a glass pipe. Amphetamines and methylphenidate are usually swallowed in pill form.

How Many Teens Use Them?

In 2010, a NIDA-funded study reported that the following percentages of 8th, 10th, and 12th graders had abused these drugs at least once in the past year:

- **Powder cocaine:** 1.3 percent of 8th graders, 1.9 percent of 10th graders, and 2.6 percent of 12th graders
- **Crack cocaine:** 1.0 percent of 8th graders, 1.0 percent of 10th graders, and 1.4 percent of 12th graders
- **Methamphetamine:** 1.2 percent of 8th graders, 1.6 percent of 10th graders, and 1.0 percent of 12th graders
- **Amphetamines:** 3.9 percent of 8th graders, 7.6 percent of 10th graders, and 7.4 percent of 12th graders
- **Nonmedical use of Ritalin:** 1.5 percent of 8th graders, 2.7 percent of 10th graders, and 2.7 percent of 12th graders
- **Nonmedical use of Adderall:** 2.3 percent of 8th graders, 5.3 percent of 10th graders, and 6.5 percent of 12th graders

What Treatments Are Available for Stimulant Abuse?

Several behavioral therapies are effective in treating addiction to stimulants. These approaches are designed to help the person think differently, change their expectations and behaviors, and increase their skills in coping with various stresses in life. One form that is showing positive results in people addicted to either cocaine or methamphetamine is called contingency management, or motivational incentives (MI). These programs reward patients who refrain from using drugs by offering vouchers or other small rewards. MI may be particularly useful for helping patients to initially stop taking the drug and for helping them to stay in treatment.

Currently, there are no medications approved by the U.S. Food and Drug Administration to treat people who are addicted to stimulants, although that is an active area of research for NIDA.

What Should I Do if Someone I Know Is Abusing a Stimulant?

When someone has a drug problem, it's not always easy to know what to do. If someone you know is abusing stimulants, encourage him or her to talk to a parent, school guidance counselor, or other trusted adult. There are also anonymous resources, such as the National Suicide Prevention Lifeline (1-800-273-TALK) and the Treatment Referral Helpline (1-800-662-HELP).

The National Suicide Prevention Lifeline (1-800-273-TALK) is a crisis hotline that can help with a lot of issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals can call this Lifeline. Callers are connected with a professional nearby who will talk with them about what they're feeling or concerns for other family and friends.

In addition, the Treatment Referral Helpline (1-800-662-HELP)—offered by the Substance Abuse and Mental Health Services Administration—refers callers to treatment facilities, support groups, and other local organizations that can provide help for their specific need. You can also locate treatment centers in your state by going to www.findtreatment.samhsa.gov.

-Taken from teens.drugabuse.gov

Food Poisoning

Causes and Effects

Each year, millions of people in the United States get sick from contaminated food. Symptoms of food poisoning include upset stomach, abdominal cramps, nausea and vomiting, diarrhea, fever, and dehydration. Symptoms may range from mild to severe.

Bacteria and Viruses

Bacteria and viruses are the most common cause of food poisoning. The symptoms and severity of food poisoning vary, depending on which bacteria or virus has contaminated the food.

Parasites

Parasites are organisms that derive nourishment and protection from other living organisms known as hosts. In the United States, the most common foodborne parasites are protozoa, roundworms, and tapeworms.
Mold, Toxins, and Contaminants

Mold, Toxins, and Contaminants

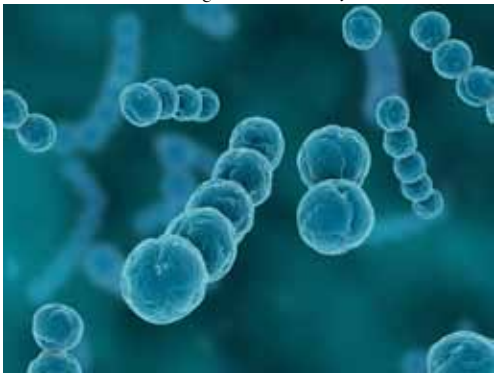
Most food poisoning is caused by bacteria, viruses, and parasites rather than toxic substances in the food. But, some cases of food poisoning can be linked to either natural toxins or chemical toxins.

Allergens

Food allergy is an abnormal response to a food triggered by your body's immune system. Some foods, such as nuts, milk, eggs, or seafood, can cause allergic reactions in people with food allergies.

Long-Term Effects

Nurse caring for patient in the hospitalOne in six Americans will get sick from food poisoning this year. That's about 48 million people. Most of them will recover without any lasting effects from their illness. For some, however, the effects can be devastating and even deadly.



Here are some serious effects associated with several common types of food poisoning:

Hemolytic-uremic syndrome (HUS) is a serious illness that usually occurs when an infection in the digestive system produces toxic substances that destroy red blood cells, causing kidney injury. HUS may occur after infection with some kinds of E. coli bacteria.

HUS is most common in children. In fact, it is the most common cause of acute kidney failure in children.
Chronic arthritis

A small number of persons with Shigella or Salmonella infection develop pain in their joints, irritation of the eyes, and painful urination. This is called reactive arthritis. It can last for months or years, and can lead to chronic arthritis, which is difficult to treat. Persons with Campylobacter infections may also develop chronic arthritis.

A Listeria infection can lead to meningitis, an inflammation of the membranes surrounding the brain. If a newborn infant is infected with Listeria, long-term consequences may include mental retardation, seizures, paralysis, blindness, or deafness.

Guillain-Barré syndrome is a disorder that affects the nerves of the body. This occurs when a person's immune system attacks the body's own nerves. It can result in paralysis that lasts several weeks and usually requires intensive care. As many as 40 percent of Guillain-Barré syndrome cases in this country may be triggered by an infection with Campylobacter.

In the United States, approximately 3,000 people die each year of illnesses associated with food poisoning. Five types of organisms account for 88 percent of the deaths for which the cause is known: Salmonella, Toxoplasma, Listeria, norovirus, and Campylobacter.

Other types of foodborne illness may cause death as well. For example, some Vibrio infections (usually associated with eating raw shellfish) may infect the bloodstream and cause a severe, life-threatening illness. About half of these infections are fatal, and death can occur within two days.

-Taken from www.foodsafety.gov

Herbal Medicines

Remember that herbal remedies are medicines. As with any other medicine, you should use them with care while first ensuring they are the correct products for you. Also remember that the phrases 'natural', 'herbal' and 'derived from plants' do not necessarily mean 'safe'. Many plants can be poisonous to humans, and many pharmaceutical medicines have been developed from plants using the powerful compounds they contain.

Any medicine - herbal or otherwise - has the potential to have adverse effects (or side effects). Herbal medicines can also interact with other medicines you are taking. This could result in reduced or enhanced effects of the other medicines, including side effects. If you are consulting your doctor or pharmacist about your health or are about to have surgery or an operation, always tell them about any herbal medicines you are taking. As with all medicines, keep herbal medicines out of the sight and reach of children.

Herbal remedies containing heavy metals

The adulteration of ethnic medicines with heavy metals is a significant international problem. The Agency has found, or is investigating reports of the use of, mercury, lead and arsenic in unlicensed Ayurvedic or traditional Chinese medicines. The inclusion of these metals, or salts containing them, pose a serious risk to public health. Consumers are advised to be alert to possible effects and follow the general safety advice if any are experienced whilst taking a herbal remedy.

Mercury

Inorganic mercuric salts can cause severe nausea, vomiting, abdominal pain, bloody diarrhoea, kidney damage and failure and potential nervous system effects.

Arsenic

Arsenic salts can cause severe nausea, vomiting, skin disorders, haemorrhagic gastroenteritis, cardiac arrhythmias, anaemia, jaundice, peripheral neuropathy, convulsions and paralysis.

Lead

Can cause abdominal pain, vomiting, kidney damage, peripheral neuropathy, incoordination, impairment of mental function, convulsions and coma. Surveys carried out during 2004 in the United States have shown that twenty percent of all Ayurvedic medicines in the Boston area contained potentially harmful levels of lead, mercury and arsenic. Further reports from the United States suggest that a number of patients suffered lead poisoning following the use of a range of unspecified Ayurvedic medicines. The Agency also received reports from Hong Kong in December 2004 that a product called Tik Dak Win of the Ng Chung brand was found during testing to contain high levels of lead.

-Taken from www.mhra.gov.uk